



### **Practicing 'More'**

Practicing 'more' is a skill which assists you to create excellence and success in your work.

The dictionary defines 'more' as a 'greater or additional amount'. In our work; practicing 'more' can be; increasing what you are already doing to achieve a goal or creating a new approach or new direction to accomplish it successfully.

Here are several ways to practice 'more' to create success.

- Spend more time using the same methods you are currently using to achieve a goal.
- Speak with colleagues to receive their ideas about a goal and the most effective actions to achieve it successfully.
- Create new actions for achieving the goal.
- Develop new directions for a project.
- Create goals and projects based upon your ideals and values.
- Develop successful ways to think through new ideas and work on projects together.
- Spend time preparing for conversations. Understand the outcomes you would like to achieve that assist you and the other person or group to create success.
- Develop a culture of discovery. Encourage innovation and creativity.
- Assist your teams and staff to develop their strengths and skills.
- Review and refine your goals and actions regularly.

Here is an exercise which assists you to work with one or more of these ways to practice 'more'.

## Exercise for Practicing 'More' and Creating Success.

1. Choose a goal you would like to achieve. Write a Positive Goal Statement about this goal. This is a Statement about a goal as if you have achieved it successfully.

Here is an example.

*Our water project assists families in third world countries to improve the quality of their water and their health. Our collaborations with local distributors enable us to help more families and prevent disease.*

2. Look at the list of the above ways to practice 'more'. Choose one of these to work with for 90 days.
3. Make a list of the actions you will take during the next 90 days to work with this way to practice 'more'.
4. Take at least one action each day. You can take more than one when this assists you to achieve a goal successfully.
5. Look at your results every 30 days and refine your action steps.
6. At 90 days, look at your Positive Goal Statement and your results. Continue to work with the same goal and way of practicing 'more' or select another goal and/or way to practice 'more'.

Practicing 'more' develops momentum to achieve your goals and create success. It helps you to develop new ways to accomplish excellence and contribute to society in positive ways.

© 2020 Oshana Himot, MBA. All Rights Reserved.

Oshana Himot, MBA. is a speaker and organizational mentor. She assists companies and teams to create success and excellence. Oshana has a Masters of Business Administration degree from Golden Gate University In San Francisco, California and credits towards a Ph.D. in Management from the Maharishi International University in Fairfield, Iowa. She can be reached at; [oshana@oshanasjoyinstitute.com](mailto:oshana@oshanasjoyinstitute.com).